Keys
to a
Healthy Self-Esteem

Workbook:
How Adults Help Children
Develop Healthy Self-Esteem

1. Love your child unconditionally

2. Distinguish being from behaving

3. Value children

4. Listen to children

5. Set appropriate boundaries and expectations

6. Set household rules and be consistent

7. Let your child take healthy risks

8. Help your child set realistic goals

9. Teach children to develop decision-making skills

10. Teach problem-solving skills

11. Be a positive role model

12. Create a safe, loving home environment

13. Give your child some independence and control

14. Model self-love and positive self-talk

15. Don't compare your child with others

16. Show children that you can laugh at yourself

17. Praise effort

18. Help them feel special and appreciated

19. Encourage internal satisfaction

20. Avoid shaming words

21. Instil independence and adventure

22. Encourage sports or other physical activities

23. Give constructive criticism

24. Teach resilience

25. Identify and redirect your children's inaccurate beliefs

26. Provide opportunities for success

27. Support their pursuit of a passion

28. Provide opportunities for service

29. Coach relationship skills

30. Spend one-on-one time with your child

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